



PANCRASE ATHENA Official Regulation

2012Edition

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Regulation

Part 1. DEFINITIONS

Article 1. PANCRASE ATHENA

PANCRASE ATHENA is a professional sport in which the athletes compete employing; techniques, physical strength, mental power, intelligence, beauty and luck, utilising; punching, kicking, throwing, submission techniques, and choking. Therefore the athletes observe the rules, and the matches shall be conducted with a sportswoman-like attitude.

Part 2. RING

Article 2. The ring specifications

1. The shape and dimension of the ring shall be a square with sides measuring 7m(23') and it shall be surrounded by four ring ropes. The mat outside the ring ropes shall have a span of 32cm(1'1). Also the height of the floor shall be 95cm(3'1).
2. The floor of the ring shall be horizontal and made of felt or other materials of similar softness with 1.3cm(0'5) to 1.9cm(0'8) of thickness. The ring shall be completely covered with canvas, and wrinkle-free.
3. The ring's highest rope shall be stretched at a height of 125cm(4'1) and the other three ring ropes shall be evenly spaced below the highest rope. Pads shall be attached at the corner of the ring ropes. As for the two opposite fighting corners, one shall be red and the other blue. The neutral corners shall be white.
4. Two places of the four ring ropes shall be vertically tied with a rope on all sides. The tie-downs shall be ring ropes as well.
5. Hard objects that could become obstacles during a match shall not be placed inside the ring ropes and on the mat.
6. Other rings will be available for PANCRASE official rings in case PANCRASE approves.

Part 3. EQUIPMENTS

Article 3. Competitor's outfits and protectors for a match

1. Competitors must wear spandex shorts / wrestling spats, mouthpieces, underguard and open-finger gloves which PANCRASE approves ("THE ITEMS"). In case competitor has long hair it must be tied with rubber band.
2. Any hard material, are not allowed to be used during the match. Competitors shall not wear any types of slippery or slack shorts such as muay-thai trunks and surfing pants.
3. Competitors may use protectors or items as set out below.
 - i. Knee protectors.
Competitors may wear knee protectors made of flexible cloth. The inner material shall be neoprene or

sponge less than 20cm(0'8) in length, less than 25cm(1') in width, and less than 1.5cm(0'06) in thickness.

- ii. Shin protectors
Competitors may wear shin protectors. The surface shall be leather and the inner materials shall be neoprene or hard sponge. The thickness shall be less than 1.5cm(0'06).
 - iii. Shoes
Competitors may wear wrestling shoes that PANCRASE approved. In that case, cover the knots or piece of Velcro on shoes by tapes and bandages. Wrestling shoes with plastic, hard rubbers or zippers, are not allowed.
 - iv. Bandages, tapes, supporters.
Competitors shall use only bandages and tapes that PANCRASE approves. Competitors shall not put any hard stuff or strings in between bandages, tapes or knuckles. The thickness of the bandage and the tape shall be thin enough to recognise the fist and knuckles from the top of it.
 - v. Protection for injured body parts.
Protector materials for injured body parts must follow article 3-2. In this case hard rubber may be used around the kneecap as knee protector.
4. Bandages, tapes and "THE ITEMS" will be physically examined by the official referees during the "Referee's Check" handled by PANCRASE, prior to the match.
 5. If the competitor is wearing any other outfits (except "THE ITEMS", open-finger gloves, knee protectors, shin protectors, and shoes), or if any equipment do not meet the specifications, this will require obtaining both PANCRASE's and the opponents consent in advance.
 6. Vaseline, grease, hair oil / cream, resin, any objectionable drugs and medical materials or similar shall not be applied to any part of the body. Minimum amount of vaseline applied the face is allowed. In this case competitor must have a referee check prior to the match.

Article 4. The referee's action under damaged Item's and outfits

1. In case a competitor's outfit requires readjustment, the referee may take a recuperative interval.
2. In case the items such as "THE ITEMS" are considerably damaged / torn, that the referee shall stop the match and determines the best solution.
In case the "THE ITEMS" such as outfits and mouthpieces are intentionally damaged the competitor shall be disqualified.

* We recommend the competitors to prepare spares and extras to avoid being disqualified by the damaged "THE ITEMS".

Part 4. JUDGEMENT

Article 5. Words of command and / or direction

1. Main referee shall use five words of command and / or direction.
 - i. "Fight" : When starting, continuing the match.
 - ii. "Stop" : When terminating, interrupting the match in case of Referee Stop or Doctor Stop.
 - iii. "Action" : When urging competitors to fight aggressively.
 - iv. "Break" : The main referee shall interrupt, resume the match from the Start Position in case of the following four cases.

- a. For dissolving a deadlocked fight at any place in the ring after the main referee calls “Action” two times. In that case the main referee shall have both competitors return to the Start Position.
 - b. In case competitor’s loosen outfit may cause any injuries or obstruct progress of the match. Any outfits that threatens the competitor’s safety will cause the action to be stopped for proper repair before the match can be resumed.
 - c. In case the main referee anticipated that competitors may commit fouls of any kind regardless deliberately or accidentally, he calls “Break” and the match shall be resumed from the Start Position.
 - d. In case the main referee judges one or both competitors fell or may fall outside the ring.
- v. “Stop. Don’t move” : The main referee shall interrupt a match in case of i) and ii), then restart the match from the same position.
- a. In case it is necessary to prevent competitors from falling outside the ring, or in case ring ropes or corner posts hold up the progress of the match, the main referee shall call “Stop. Don’t move” tapping both competitors and direct them to cease the fight temporarily. The referees shall move both competitors to the place where they will not fall outside the ring maintaining the same position before they are told to cease. In that case competitors shall follow the referee's instruction and shall not switch to an advantageous position. In case the main referee judges one or both competitor is striking, attempting a joint lock, or choking, he does not call “Stop. Don't move” and directs subreferee to hold both competitors not to fall outside the ring from the same position. In case a competitor finishes the match by strikes, a joint lock, or a choke at the position, the match shall be over. In case the opponent escaped from these attacks, the main referee calls “Stop. Don't move” and the match shall be restarted in the ring. In case one or both competitors fell outside the ring, the main referee calls “Break” and resume the match from the Start Position.
 - b. In case competitor’s loosen outfit may cause any injuries or obstruct progress of the match, the main referee shall call “Stop. Don’t move.”

Article 6. Referee’s action regarding fouls

1. The main referee shall caution the competitor for involuntary fouls by either ways of Verbal Advice or Caution or Warning or Defeat by a foul. Using proper signs or actions, the referee shall show which competitor committed a foul and they shall make their judgment clearly.
2. The main referee shows a foul using two kinds of cards.
 - i. Yellow Card means “CAUTION” ; Red Card means “WARNING”.
 - ii. In case the main referee shows a Yellow Card to a competitor in each round, one point shall be subtracted from each round.
 - iii. In case the main referee shows a Red Card to a competitor in each round, two points shall be subtracted from each round.
 - iv. In case of a flagrant foul, defeat by a foul will be declared at once without the main referee showing any cards.
 - v. In case the main referee judges that a fouled competitor was dominant or even during the match, he shall call “Stop” to caution the fouled competitor and resume the match from the Start Position. In case the

main referee judges that the fouled competitor was not dominant, he shall call "Stop don't move" to caution the fouled competitor and resume the match either maintaining the same position or deciding any position at his own discretion. In case of a flagrant foul, disqualification will be declared toward the fouled competitor.

- vi. All fouls during the match depend on the judgement of the referees.

Part 5. WRITTEN COMPLAINTS

Article 7. Complaints

1. Competitors, managers, or cornermen may appeal to PANCRASE as set out below.
 - i. Misapplication of the regulation.
 - ii. Objections to judgments of a match (but not for an unanimous decision under "Three judges system")
 - iii. Significant factual error that will affect the match result.
2. All appeals shall be in the form of written statements, and oral pleading is invalid. Written complaints shall be sent addressed to PANCRASE within two weeks as from the event date. As to appeals, PANCRASE shall notify the competitor or manager of the result of the judgment.
3. Appeals against the judgment of a match shall not be made to the referees, judges, or other officials but shall be made to PANCRASE.

Part 6. MATCH

Article 8. Weigh-ins

Competitors and the referees shall attend at weigh-in ceremony on the date, time, and place which PANCRASE designates and must be qualified.

Article 9. Pregnancy test

Competitors must take a pregnancy test on your own cost and confirm a negative test result.

Article 10. Time limits

PANCRASE categorises two different time limits of official matches as follows;

1. Title matches shall always be three rounds of five minutes each.
2. Other matches shall be either two rounds of five minutes each or three rounds of five minutes each.
3. Round break shall be one minute each.
4. This will not apply to special matches which are arranged by PANCRASE for specific reasons.

Article 11. Fighting Area

The match shall be performed in the ring only.

Article 12. The referee

The referee has absolute authority and competitors and cornermen shall not be allowed to protest to the referee under any circumstance.

Article 13. Attack and Defence Positions

1. Start Position
At the beginning of the match or after the main referee calls "Break", with a distance of at least 150cm(4'11)

between the competitors, in standing fighting pose, the main referee shall have the competitors start or resume the match by gesture and remark.

2. Stand Position
Throwing techniques, clinching techniques, striking techniques, and any other attacks outlined in this regulation may be performed.
3. Ground Position
Ground position means the state that any area of the competitor's body touches the ground besides the bottom of his feet touches the ground continuously.

Article 14. Cornerman

1. Up to two cornermen per corner are permitted and they shall stay kneeling within 1.5m(4'11") of both ring apron from each corner during a match not to obstacle the spectators.
2. Cornerman is allowed to give a competitor verbal advices during the match. But every Cornerman is prohibited to come into direct physical contact with a competitor nor to give any directive actions to a competitor such as pounding the mat or grabbing the ring ropes.
3. Cornerman can give a competitor only water during each round break, but pouring too much water in the ring is not encouraged as it holds up the progress of the match. Cornerman may re-apply vaseline to competitor under referee's supervision. Any kind of violation of the regulation may result in competitor's defeat by a foul.
4. The referee shall caution each team of cornermen of the first violation of the regulation and with the second caution Cornerman shall be thrown out of a match. And also it may result in competitor's foul.
5. Cornerman shall not place anything inside the ring ropes and on the mat during the match.
6. Cornerman shall not insult, use abusive words, use violence, any unsportsmanlike conduct or language against the referee.

Part 7. FOULS

Article 15. Acts constituting fouls

The following acts constitute fouls during the match or exhibition.

1. Elbow Strike.
2. Striking to the back of the head or spine.
3. Butting with the head.
4. Groin attack of any kind (low blow).
5. Attacking competitors head other than open-finger gloves during Ground Position.
6. Using any kind of "Bomb" or "Buster" moves, slamming the opponent to the mat or dropping the opponent from the head first.
7. Attacking three or less fingers.
8. Holding the opponent's outfits.
9. Deliberately using outfits to throw or to use any kind of submission techniques against the opponent.
10. Deliberately going out of the ring or throwing an opponent out of the ring.

11. Deliberately holding and utilising the ring ropes or the corner posts during the match.
12. Attacking an opponent on or during the main referee calls "Break" or "Stop" or "Stop. Don't move", or not following any kind of the referee's command.
13. Deliberately eye-gouging, thrusting or clutching the windpipe by fingers, biting, pulling the opponent's hair, use of offensive or abusive language toward the opponent and other malicious actions which are against the spirit of a fair play.
14. Clawing, pinching, twisting the flesh, grabbing ear(s) or any direct actions to lacerate opponents skin.
15. Timidly, including limitation, avoiding contact with the opponent, intentionally or consistently dropping the mouthpiece or faking an injury. ("Negative Fight").
16. Putting a finger into any orifice, such as eyeballs, mouth, nose, ears, anus, etc.
17. Using bandages, tapes, vaseline and outfits that is not physically examined and approved by the referee prior to the match.
18. Objections, denounces, and / or violence to the referee.
19. False report, misleading or faking gesture to the referee.
20. Intentionally or consistently damaging "THE ITEMS" and suspending the match.

Article 16. Fouls before or after the match

1. When a foul occur before the match, the referee may penalise by deducting points from the fouled competitor's score prior to the match, or disqualify the fouled competitor.
2. In case the referee finds out that the competitor went foul, after the match, the result shall be corrected by penalising the fouled competitor.

Article 17. Flagrant fouls

Flagrant fouls of any kind during the match shall result in suspension and fines. King Of PANCRASE Committee shall determine the offender's suspension term and the fine amount at its discretion.

Part 8. TYPES OF CONTEST RESULTS

Article 18. Knockout

In case the referee judges a competitor is unable to return the match or the competitor loses consciousness due to the opponent's attack, a Knockout shall be declared.

Article 19. Give Up

1. In case a competitor subjected to the opponent's submission techniques or striking gives up using their voice as a signal, Give Up shall be declared.
2. In case a competitor subjected to the opponent's submission techniques or striking gives up by tapping the mat or the opponent two time and over as a signal, Give Up shall be declared.
3. In case a competitor takes unclear movements similarly to Give Up, the main referee shall declare "Give up."

Article 20. TKO (Technical Knockout)

1. In case the main referee judges it is impossible for a competitor to continue the match, a TKO shall be declared.
2. In case the ring doctor judges it is impossible for a competitor to continue the match depending on his damage, a TKO shall be declared.

3. In case the Cornerman throws a towel into the ring.

Article 21. Disqualification by Fouls

A loss due to a foul shall depend on the decision of the main referee.

Article 22. Decision

1. Decision
 - i. In case a match of Three Judges System has gone to a full time limit, three referees shall decide a victory or a defeat judging which competitor was dominant by making a subtraction in ten marks which each competitor has.
 - ii. According to a total marks, the competitor who has obtained two and over votes shall be the winner by Decision.
 - iii. In case it is impossible to continue a match due to accident of any kind, match outcome shall be as follows;
 - a. In case the first round ended or the second and third round started, the referees shall make total judges decision up to the time when the main referee stopped the match.
 - b. In case of injury with accident or foul, if a match continues and becomes impossible to continue the match with a turn for the serious injury, at this time the above "Article 22. 1. iii. a" shall be applicable.
2. Judging Criteria

All judgment shall be made by all of judges and following attacks shall be effective for judges decision. The priority shall be as follows;

 - i. Damage, Effective submission
 - a. Downs, or striking which gave effective damage equivalent to Downs
 - b. Effective submission techniques or choking or similar attacks
 - c. Effective throwing
 - d. Effective attacks which give clear damage to the opponent
 - ii. Dominance
 - a. Effective striking
 - b. Effective takedowns
 - c. Effective attacks which is clearly dominant over the opponent
 - iii. Aggressiveness
 - a. Striking in Stand Position
 - b. Take down in Stand Position
 - c. Submission techniques or choking in Stand Position
 - d. Striking in Ground Position
 - e. Maintaining dominant position in Ground Positon

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- f. Submission techniques or choking in Ground Position
- g. Any other aggressive attacks

Article 23. Draws

1. In case a match has gone to a full time limit and also in case neither competitor has obtained two and over votes, a Draw shall be declared.
2. In case the referees judge both sides are simultaneously knocked out, a Draw shall be declared.

Article 24. No Contest

In case PANCRASE and the referees decide after due consultation that a match ends up in failure, No Contest shall be declared.

Article 25. Suspension of Contest Results

1. In case it is inappropriate to make a decision at the EVENT, referees shall suspend the decision and pass it to KING OF PANCRASE COMMITTEE
2. In case there is not enough information to make a decision at the EVENT, referees shall make a preliminary decision. Referees must announce final decision within 2 weeks after examine the information carefully.

Part 9. SUPPLEMENTARY PROVISIONS

Article 26. PANCRASE ATHENA GATE Rules

1. Match time limit shall be two rounds of five minutes only.
2. There shall be no judge decision. In case the match has gone to a full time limit, a Draw shall be declared.
3. Competitors shall wear shin pads and knee pads which PANCRASE approves.
4. Attacking competitors head during Ground Position is not allowed.
5. Heel hooks are prohibited.
6. Referee will decide and declare TKO faster than PANCRASE ATHENA matches.
7. Other provision shall apply to the PANCRASE ATHENA Official Regulation.

Article 27. Supplementary Provisions

Regulations which is not mentioned in PANCRASE ATHENA Official Regulation shall apply to the PANCRASE Official Regulation.